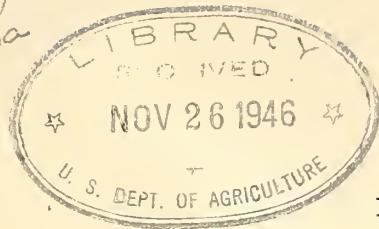


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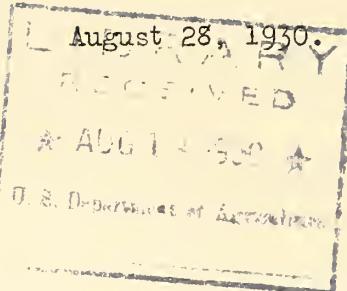
## HOW TO READ THE LABEL

### Dairy Products

by

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The Federal standard for milk requires it to be the whole, fresh, clean, lacteal secretion obtained by the complete milking of one or more healthy cows, excluding that obtained within fifteen days before and five days after calving or such longer period as may be necessary to render the milk practically colostrum free.

Certified milk, as recognized in most states, is fresh milk, not ordinarily pasteurized, which contains on actual count not more than 10,000 total bacteria per cc. Such milk is produced under certain rigid sanitary requirements formulated by the American Association of Medical Milk Commissions, Inc.

Pasteurized Milk is milk every particle of which has been subjected to a temperature not lower than 142 degrees F., for not less than 30 minutes, and then promptly cooled to 50 degrees or lower. Such milk is usually labeled "Pasteurized".

Homogenized Milk is milk that has been mechanically treated in such a manner as to alter its physical properties with particular reference to the condition or appearance of the fat globules. In homogenizing they become very finely divided.

Buttermilk is the product that remains when fat is removed from milk or cream, either sweet or sour, in the process of churning. It contains not less than  $8\frac{1}{2}\%$  of milk solids other than fat.

Cultured Buttermilk is the product obtained by souring pasteurized skimmed or partially skimmed milk by means of a suitable culture of lactic bacteria. It likewise contains not less than  $8\frac{1}{2}\%$  of milk solids other than fat.

Evaporated Milk is the whole milk evaporated to that point where it contains no less than 7.8% of milk fat nor less than  $25\frac{1}{2}\%$  of total milk solids. There may be a slight deviation from those figures, provided that the sum of the percentages of milk fat and total milk solids be no less than 33.7%. It is thus not possible to reach its minimum in both solids and fat at the same time. Because of seasonal conditions milk varies considerably in composition and manufacturers are permitted a slight adjustment to meet the double standard of fat and solids. This assures a product of standard composition at all times.



Sweetened Condensed Milk is milk from which a considerable portion of the water has been evaporated and to which sugar has been added. It contains no less than 28% of total milk solids of which there must not be less than 8% of milk fat.

Evaporated Skimmed Milk is skimmed milk from which a considerable portion of the water has been evaporated. It contains no less than 20% of milk solids.

Sweetened Condensed Skimmed Milk is likewise an evaporated skimmed milk to which sugar has been added. It contains no less than 24% of milk solids.

Dried Milk is milk which has been evaporated to a point where it contains no more than 5% of moisture. It must contain not less than 26% of milk fat. Dried Skim Milk likewise has a 5% moisture limit. Very little milk fat remains in this product. Look carefully on your label should you buy Dried Milk or you may find you are getting Dried Skim Milk, a cheaper article.

Malted Milk is made by combining whole milk with the liquid separated from a mash of ground barley malt and wheat flour with or without the addition of sodium chloride, sodium bicarbonate or potassium bicarbonate in such a manner as to secure the full enzymic action of the malt extract. The product is then dried. It must contain no more than  $3\frac{1}{2}\%$  of moisture and not less than  $7\frac{1}{2}\%$  of butterfat.

Cream. I will give you the Federal standard. It is that portion of milk rich in milk fat which rises to the surface of milk on standing or is separated from it by centrifugal force. It must contain at least 18% of milk fat and be fresh and clean. There is a limit of .2 of 1% of acid content as calculated in terms of lactic acid.

Whipping Cream under the Federal standard must contain not less than 30% of milk fat.

The standard for butter is established by a special Federal statute. Butter is that product made exclusively from milk or cream, or both, with or without common salt and contains not less than 80% by weight of milk fat. Because of special legislation the use of artificial color in butter is permitted without label declaration.

The standards for milk and cream vary with individual state legislation. The standards I quote are those that apply where milk or cream is shipped in interstate commerce. Some states have legislation giving a maximum moisture content for butter but the Federal statute does not require it, the reason being that the 80% legal fat requirement is a sufficient guarantee of the presence of the most valuable constituent in satisfactory amount.

There are many kinds of cheese and I expect to tell you about these at a later date.



My friends, if you want certified milk you will find it so labeled. Pasteurized milk may not always be labeled, because certain municipalities require the sale only of pasteurized milk and it is therefore assumed that you know what you are getting. Since creameries sell various grades of cream of supposedly different fat content, wouldn't it be a good idea if they told you on the cap label what the fat content might be in order that you could determine if you were getting your money's worth? They sell you cream, coffee cream, pastry cream or whipping cream, and table cream. As a housewife aren't you entitled to know what the percentage of milk fat is in each of these products? That is the valuable constituent. I know cream varying in fat content from 18% to 50% is being sold to the consumers at the present time.

